MANAGING STRESS

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“Stress is inevitable, Distress is not”

Dr’s James and Jonathan Quick

Stress

Stress Modifiers

- Achilles heel

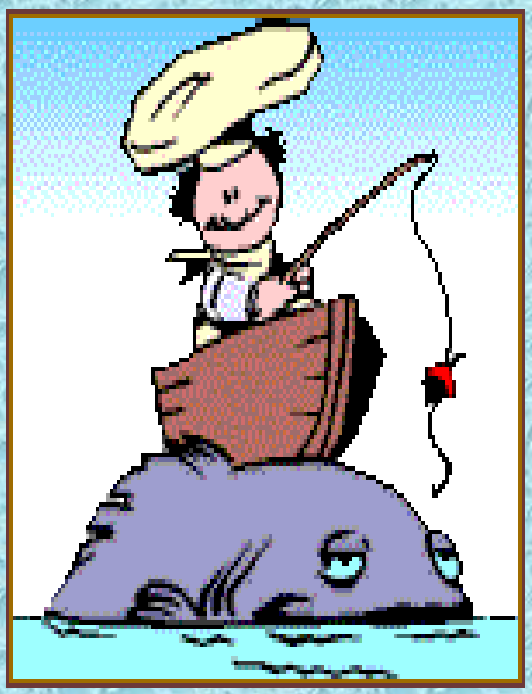
Personality Traits

- Locus of Control

Internal vs External

Personality Traits

- Hardiness
  - Commitment
  - Control
  - Challenge
- Optimism
- Self-esteem



Individual Response to Stress

Distress results from frequent,

intense arousal of stress response

and the inability to find suitable outlets

Dr. James Quick and
Dr. Jonathan Quick

Consequences of Stress

- Psychological
- Behavioral
- Medical

Managing Perceptions of Stress

- Optimism
- Positive self talk
- Transformational coping

“Men are disturbed not

by things but by the views they take of them”

Epictetus

Lifestyle Management

- Leisure time
- Balance
- Breaks

Work Management

- Planning
- Time management
- Overload avoidance
- Social Supp

Stress Management Methods

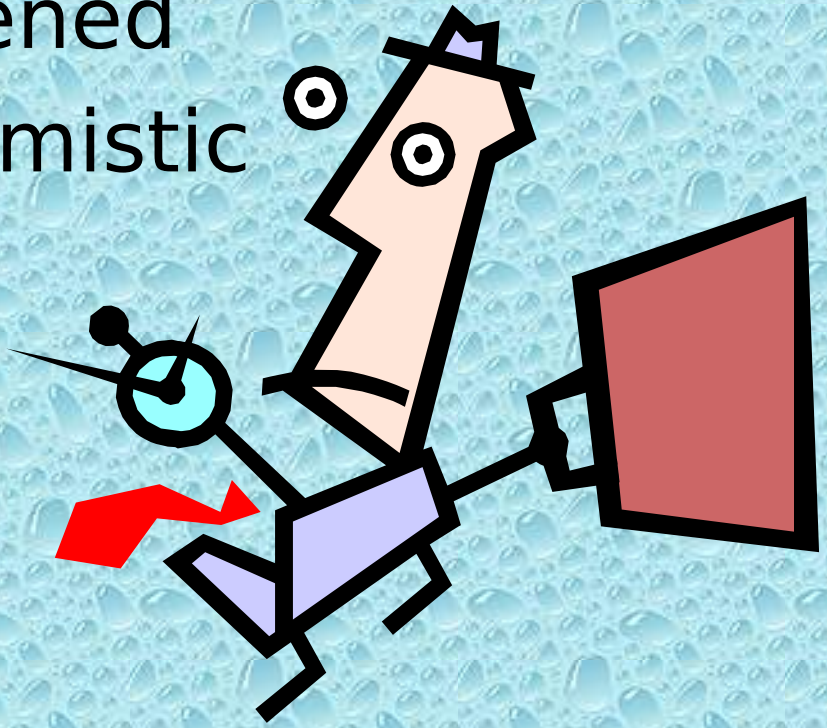
- Relaxation training
  - –Progressive muscle relaxation
  - –Relaxation response
  - –Meditation
  - – Brief relaxation strategies

Coping Strategies

- Talk
- Humor
- Act on it
- Nutrition
- Spirituality

How to stay stressed out

- Rigidity
- Dogmatic
- External locus of control
- Feel alienated, powerless, threatened
- Pessimistic



Stress Management Plan

- Identify stressors
- Identify stress responses
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- Identify action alternatives
- Develop a plan
- Modify plan

How will yu manage your stress level?

Stress

Challenge or threat?